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Bull. Charge

▶ Vancouver's T.J. Gibson rides the velodrome at the Red Bull Mini Drome event yesterday.

KENDRA WONG/FOR METRO

Going around, and around, and around

The event stopped in Montreal and Toronto before ending in Vancouver at the Rocky Mountaineer Station, where 60 bike enthusiasts raced around a velodrome in a time-trial competition. The winner received a custom-painted Cervelo T-1 track frame.

Hiker found after nine days

Man injured during day hike at Grouse Mountain Suffered trench foot, frostbite

Believing death was near, a Vancouver hiker wrote his essential details on his forearm while he lay stranded on the backside of Grouse Mountain.

Michael St. Laurent, 45, was airlifted to Lions Gate Hospital from the Hanns Valley area 8 a.m. yesterday after nine days without sufficient equipment, food or water.

An off-duty rescue worker was jogging with her boyfriend Saturday when she found St. Laurent delusional and extremely dehydrated.

She was able to access supplies at a nearby emergency cache and immediately administered first aid to St. Laurent's frostbite, and provided him hot drinks and warm clothes.

A North Shore Search and Rescue team joined the couple, but due to failing light and St. Laurent's extremely poor condition, they decided to camp overnight.

"If we would've attempted to get him down that night, we would've driven him to his death," said Tim Jones, search manager for North Shore Rescue.

▶ St. Laurent

Jones said it is rare to camp overnight as most people can be rehydrated and carried down in a stretcher, but St. Laurent was too weak.

"He was completely exhausted," Jones said. "The goal was to get him rehydrated and to sleep."

Jones said St. Laurent was completely unprepared. He hadn't told anyone of his route and did not even know the trail he had taken.

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Decomposing scuba diver found in Burrard Inlet

PHYLICIA TORREVILLAS
@METRONEWS.CA

Two local fishermen hauled in the decomposing body of a scuba diver near a North Vancouver park yesterday morning.

RCMP Const. Geoff Harder said they got a call just after 9 a.m. after two commercial fishermen found a body wearing a wetsuit and scuba gear that got entangled as they were pulling up their crab trap in the Burrard Inlet just east of Cates Park.

The fishermen brought the body up out of the water and called the RCMP, who sent in a dive team to look for any evidence or clues.

"The body has been in the water for quite some time, but it's not (clear) how long it has been there," said Harder, adding investigators couldn't immediately identify if it was a man or a woman.

Police will now be looking into missing-persons reports, but they say there have been no reported missing divers recently.

They are also seeking the public's help in identifying the body, asking anyone who knows a missing scuba diver to contact them.

The B.C. Coroner's Service has been called in to determine the cause of death and to identify the body.

For more information visit www.metronews.ca/vancouver

KRISTEN THOMPSON/METRO FILE

▶ Three people died after this house on Pandora Street in East Vancouver caught fire.

Inquest into fatal house fire begins today

- Pandora Street blaze that killed three people under the microscope
- Inquiry could have impact on next month's mayoral race

MATT KIELTYKA
@METRONEWS.CA

The inquest into the deaths of Garland McKay, Dwayne Rasmussen and Stephen Yellowquill begins today.

The three men were killed last December during a fire that engulfed a rooming house at 2862 Pandora Street in Vancouver.

The tragic blaze shed light on the deplorable conditions faced by people living in flophouses and the failure of city officials and fire inspectors to respond.

Before the fire, the home had been flagged as dangerous by inspectors, who had deemed the home was being illegally rented out.

The political fallout from the fire led to chief licensing inspector Carlene Robbins quitting her job and filing a lawsuit against the city.

NPA mayoral challenger Suzanne Anton has also criticized rival Gregor Robertson over the city's handling of the matter.

Citywide Housing Coalition's Rider Cooey said there are a lot of lessons to be learned from the Pandora Street fire.

"The primary thing is the City of Vancouver and its fire department will learn to co-ordinate their efforts to ensure the people in those rooming houses are safe," the advocate said. "We can prevent further loss, but it appears people in this type of housing are falling through the cracks."

The B.C. Coroners Service's Inquest into the deaths begins this morning in Burnaby.

1 news

A victim of sexual abuse at the hands of a minor hockey coach rebuilds his life. Scan the code for the story.

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Botulism is thought to be the killer of some 6,000 dead birds along the shores of Georgian Bay in Ontario. Video at metronews.ca/video

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Man killed, two injured in shooting

Incident in Surrey appears to be gang-related and targeted, police say
Witnesses asked to come forward

MATT KIELTYKA
@METRONEWS.CA

One man is dead after a possible gang-related shooting in Surrey, according to homicide investigators.

Stephen Leone was confirmed dead yesterday by the integrated homicide investigation team.

Police say that an unknown male suspect, wearing a balaclava, walked up to a black Acura TL and shot at three men in the vehicle near King George Highway and 100th Avenue Saturday night.

Leone and two other male victims were rushed to hospital. The 27-year-old was later pronounced dead.

The two other victims were treated for injuries and released from the hospital.

Investigators say that the shooting appears to be gang-related and targeted.

The investigation is still in its preliminary stages. No one has been arrested, and IHIT is asking witnesses or anyone with information to come forward.

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Machete-wielding woman arrested

A middle-aged woman armed with a machete was taken into custody Saturday morning and is facing charges of assault and possession of a dangerous weapon following a standoff with police.

The woman was on Commercial Drive shortly after 11:30 a.m. When police approached her, she became distraught, pulling the machete from her bag, yelling and advancing towards police.

After unsuccessful requests from police for the woman to drop the weapon, she was Tasered and then shot multiple times with bean bags. The final shot hit her hand and she dropped the weapon.

The woman was treated for a hand injury, and a psychiatric assessment has been requested.

CHELSEA ALTICE

Sled dogs must be inspected: Province

The B.C. government says sled dog companies must have their animals inspected annually if they want to operate on Crown land in British Columbia.

The policy, recommended by the Sled Dog Task Force, was established by former premier Gordon Campbell in early 2011 after the mass killing of sled dogs by an adventure-tourism operation.

Sled dog companies are currently allowed to operate on Crown land through provincial Land Act tenures. New tenures must have inspections conducted by a licensed veterinarian or constable from the Society for the Prevention of Cruelty to Animals.

Last September, the B.C. SPCA recommended a charge against a sled dog operator after 56 sled dogs were dug up from a mass grave in the ski resort town of Whistler.

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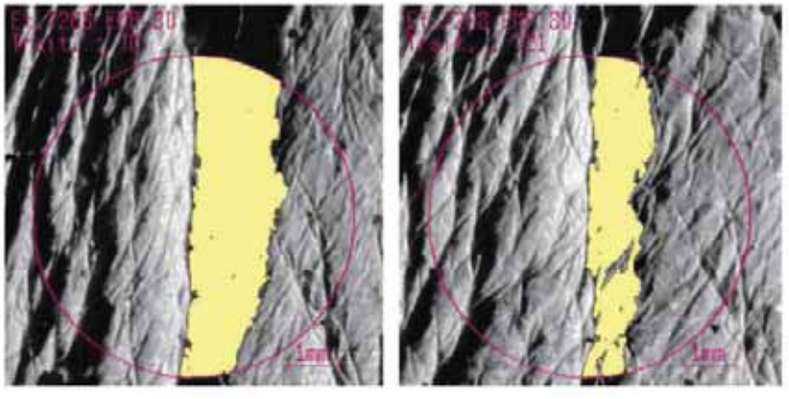

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Vision aims for more livable city

Mayor, Vision Vancouver make slew of promises as part of election platform Vote less than month away

PHYLICIA TORREVILLAS
@METRONEWS.CA

PHYLICIA TORREVILLAS/METRO

▶ Mayor Gregor Robertson unveils Vision Vancouver's "safe, livable neighbourhoods" platform yesterday at the Memorial South Park in East Vancouver.

Mayor Gregor Robertson and the Vision Vancouver team pledged to help seniors in crisis, build new child-care spaces and increase police numbers as they unveiled more of their platform policies for the upcoming Nov. 19 civic election yesterday.

If re-elected, Robertson promised to create a minimum of 500 new child-care spaces over the next three years; provide training for city staff and community organizations to identify signs of dementia and Alzheimer's and help at-risk seniors stay safe in the community; and increase funding to hire new police officers.

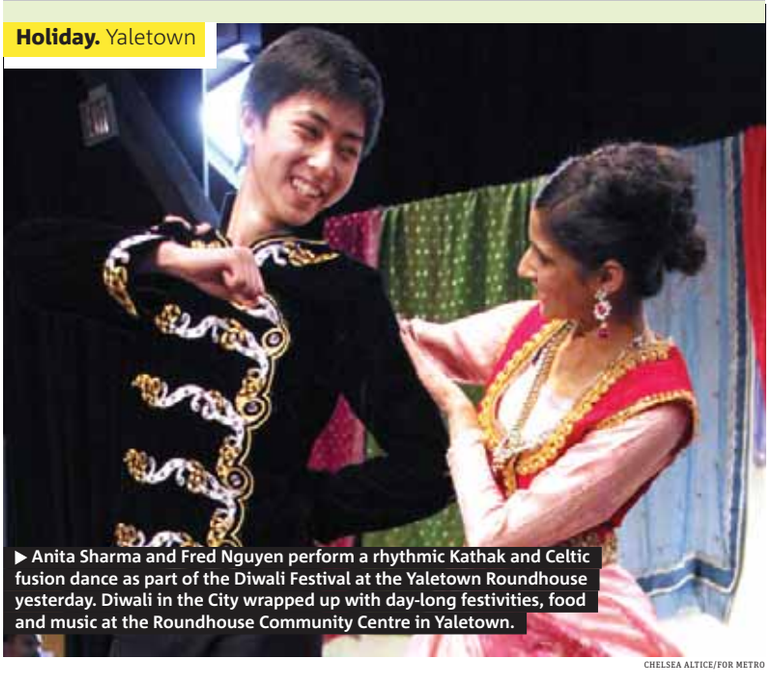
"(We want to make) our streets the most safe and vibrant that the world has to offer and provide more affordable opportunities for families, kids and citizens of all ages to get together and enjoy our community services," Robertson said.

Vision is looking to add five million new budget dollars over the next three years to cover the cost of additional police officers — as many as 30 — for Metro teams that will be deployed citywide, he added.

The "safe, livable neighbourhoods" platform also pledges upgrades to fire-and-rescue services and facilities and increased disaster response capacity, which includes training for residents who want to be part of the city's emergency preparedness network.

Vision park board candidate Nikki Sharma also announced they will provide free swimming and skating on select days at community centres across the city, as part of their commitment to making community recreation more affordable and accessible for families and encouraging healthy living practices.

Holiday. Yaletown



▶ Anita Sharma and Fred Nguyen perform a rhythmic Kathak and Celtic fusion dance as part of the Diwali Festival at the Yaletown Roundhouse yesterday. Diwali in the City wrapped up with day-long festivities, food and music at the Roundhouse Community Centre in Yaletown.

CHELSEA ALTICE/FOR METRO

Cultures connect at Diwali Festival

U-Pass for the masses pitched

Tim Louis wants to make U-Pass envy a thing of the past.

University students currently enjoy greatly discounted public transit passes through a revenue-neutral agreement with TransLink.

Yesterday, COPE city council candidate Louis promised voters he'll push for a similar setup for local communities to help families deal with affordability issues and sustainability.

"It's bulk transit buying. All you have to do is take the idea and apply it to the wider community," Louis said.

Under his "community U-Pass," Louis said people in a neighbourhood would be encouraged to buy passes as a group.

The more people that buy in, the greater the discount there will be on the pass since the transit authority would adjust the price based on the revenue collected in the community before.

A similar concept, the NECO pass, is already being used in Boulder, Colo.

MATT KIELTYKA

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SOPHIE GEE/CONTRIBUTED

60 seconds

▶ Lev Grossman

LEV GROSSMAN ON THE ART OF MAGIC

American author Lev Grossman's fantasy novel The Magician King has been compared to the likes of Harry Potter and The Chronicles of Narnia. He sat down with Metro to discuss the art of magic.

What it is about magic that people want more of?
Freud had this term "magical thinking" for the phase that you go through as an infant where you feel as though your thoughts can affect the world around you. It must leave some imprint on everyone's mind — this idea that things you feel and say can affect the world around you — of course they can't.

Do you have any real-life correlation with the book's main character, Quentin Coldwater?
(I thought about) how I thought when I was 17, what I wanted and what would have happened if I had been granted my deepest wish: a free pass into another world and the ability to do magic. But in some ways it wouldn't be the answer to my prayers; it would be the start of my problems.

The novel is a blend of fantasy and realistic fiction; what about this book makes this genre-blend so harmonious?
(I draw a lot on) what modernists did and this allows me to bring some of that into the fantasy genre that hasn't been done before. When I'm doing it right, it creates a realness and concreteness that you don't see in fantasy. I feel the act of doing magic is often under-described: How do they hold their fingers, what does it sound like, what does the air smell like after the spell?

KENDRA WONG

No end in sight for Occupy Vancouver

- Mayor Gregor Robertson would like to see tent city come down soon
- Protest showing no signs of slowing down

KENDRA WONG
@METRONEWS.CA

KENDRA WONG/FOR METRO

▶ The Occupy Vancouver protest outside the Vancouver Art Gallery yesterday.

Vancouver's mayor wants Occupy Vancouver's tent city to come down, but has no plans to forcibly remove them, he said yesterday.

Mayor Gregor Robertson said the city has kept a close eye on the activity downtown and that protesters' behaviour and compliance with city bylaws will dictate the outcome of the protest.

"We would like to see the tents come down," Robertson said, but the Vancouver Police Department and city staff have agreed that physical intervention is not the answer.

"We have been watching other cities, about 12,000 across the world, and we do not want it to end like it did in Melbourne," he said, noting Melbourne police's forceful removal of occupants from the city square camp last Friday.

He reinforced that the health and safety of protesters remains a priority.

Robertson did not offer a timeline as to when the protest will end; however, he strongly asserted it will come to an end.

"We want to work with protesters to end the rally," he stated.

Despite Robertson's willingness to work towards a resolution, some occupants of tent city say he has yet to reach out to them.

"The mayor has not tried to reach out to us, yet," said Gabriel McCay, who has been at the protest since last Saturday.

"But the mayor doesn't have the authority to change the things that are wrong with the country."

McCay also noted that protesters are willing to continue sleeping in tents until their point about corporate greed is heard.

"At this point it's peaceful, but it's treading on a thin line," concluded Robertson.

As of last week, the provincial government said it will not foot the approximately $500,000 bill for Occupy Vancouver, leaving the city on the hook for the sizeable bill.

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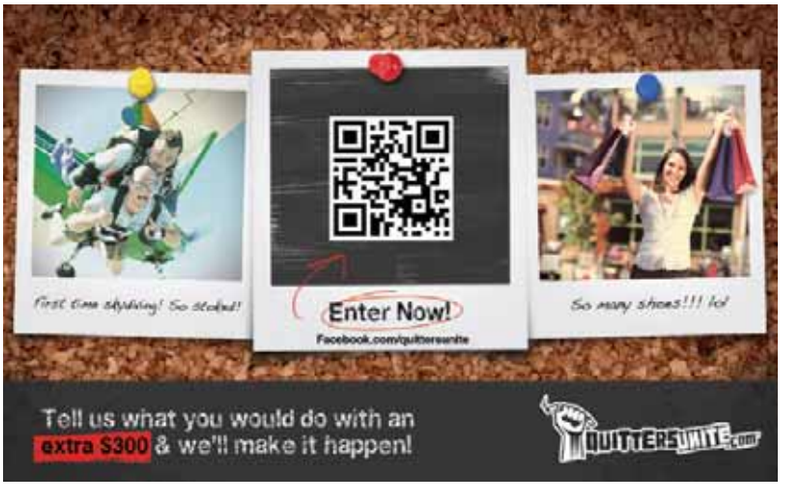
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Panic grips Turkey after powerful quake

More than 130 people killed and 350 injured, Turkish PM says • Death toll could reach 1,000 due to flimsy housing and size of quake: Officials

ANATOLIAN TV VIA APTN/THE ASSOCIATED PRESS

▶ Residents of the city of Van help dig survivors out from the rubble after a 7.2-magnitude earthquake in eastern Turkey yesterday. "There are many people under the rubble," said Veysel Keser, the mayor of the district of nearby Celebibag. "People are in agony. We can hear their screams for help."

Cries of fear and horror filled the air as a 7.2-magnitude earthquake struck eastern Turkey, killing at least 138 people as buildings pancaked and crumpled into rubble. The death toll was expected to rise as rescuers sifted through the ruins and reached outlying villages.

Tens of thousands fled into the streets screaming or trying to reach relatives on cellphones as apartment and office buildings cracked or collapsed. As the full extent of the damage became clear, survivors dug in with shovels and even their bare hands, desperately trying to rescue the trapped and the injured.

"My wife and child are inside! My four-month-old baby is inside!" CNN-Turk television showed one young man sobbing outside a collapsed building in the city of Van.

Prime Minister Recep Tayyip Erdogan said at least 93 people were killed in Van, 45 died in the city of Ercis and about 350 were injured. An unknown number of people were still trapped, he said.

Up to 80 buildings collapsed in Ercis, including a dormitory, and 10 buildings were destroyed in Van, the Turkish Red Crescent said.

People in Van and Ercis lit campfires, preparing to spend the night outdoors while the Red Crescent began setting up tents in a stadium. Others sought shelter with relatives in nearby villages.

Rescue efforts went deep into the night under generator-powered floodlights. Workers tied steel rods around large concrete slabs in Van, then lifted them with heavy machinery.

Residents in Van sobbed outside the ruins of one flattened eight-storey building, hoping that missing relatives would be found. Witnesses said eight people were pulled from the rubble, but frequent aftershocks hampered search efforts. By late evening, some joy emerged as a ninth, a teenage girl, was pulled out alive.

Erdogan promised assistance to all survivors.

"We won't leave anyone to fend for themselves in the cold of winter," he said.

About 1,275 rescue teams from 38 provinces were being sent to the region, officials said, and troops were also assisting search-and-rescue efforts.

THE ASSOCIATED PRESS

Deadly ground

- **The hardest-hit area was** Ercis, a city of 75,000 close to the Iranian border, which lies on one of Turkey's most earthquake-prone zones.
- **Van, about 90 kilometres** to the south, also sustained heavy damage. Highways caved in and the airport was damaged, forcing flights to be diverted.
- **U.S. scientists recorded** more than 100 aftershocks in eastern Turkey within 10 hours of the quake, including one with a magnitude of 6.0.

Drivers arrested in toddler hit-and-run

Two drivers suspected of running over a little girl in Foshan, southern China, are under arrest, newspapers reported yesterday.

Wang Yue, 2, was struck by two vans Oct. 13 on a busy market street as passersby walked or cycled past her. She died on Friday.

The Beijing News and other outlets say Foshan police identified the vehicles from security camera footage and ordered the men arrested.

THE ASSOCIATED PRESS

▶ Wang Yue died in hospital on Friday.

THE ASSOCIATED PRESS

MOHAMED KOHAIL CASE

Canadian in Saudi jail unwell

A Montreal man who has spent nearly five years in a Saudi Arabian prison is said to be in poor health and pleading for help from Canadian authorities to secure his freedom.

Mohamed Kohail, 26, has been imprisoned on a murder charge since 2007, though his sentence was overturned and he is awaiting retrial.

Friends and supporters say Kohail had several operations this summer for chronic tuberculosis and is receiving inadequate health care in jail.

Supporter Rana Saheb is asking for direct intervention by Foreign Affairs Minister John Baird. "We have a Canadian citizen in jail in Saudi Arabia, he's in a critical situation health-wise, his retrial is still pending two years later.

"The Canadian government needs to go and start helping him."

THE CANADIAN PRESS

Search on for downed satellite

A defunct German research satellite crashed into the Earth somewhere in Southeast Asia yesterday, but scientists are still not sure where.

Most parts of the mini-van-sized ROSAT research satellite were expected to burn up as they hit the atmosphere at speeds up to 450 kilometres per hour, but up to 30 fragments weighing a total of 1.7 tonnes could have crashed.

There have been no reports of satellite debris coming down over a populated area. U.S. military data suggest it could have crashed east of Sri Lanka, or off the coast of Myanmar or as far inland as China.

The satellite was used for research on black holes and neutron stars.

THE ASSOCIATED PRESS

Floods threaten Bangkok

Bangkok was bracing for massive floods last night as officials warned residents to head for higher ground.

Officials said a huge volume of water has moved faster than anticipated from suburban areas already under the deluge, and was expected to flood the Don Muang area just north of the Thai capital.

Off a highway heading north of the city, people scrambled for safety in flooded streets. The Thai military used boats to help rescue stranded residents in Don Muang. Mothers walked in hip-high water with children strapped to their backs, while others held belongings in plastic bags on their heads.

Bangkok's Chao Phraya river is overflowing its banks and at its highest levels in seven years.

THE ASSOCIATED PRESS

Prisoners high-tail it on 'midnight express'

As many as 150 prisoners may have escaped from a prison in Turkey's southeastern province of Van after yesterday's earthquake caused a wall to collapse, Turkish news channel TRT reported.

However, rival broadcaster NTV quoted a prison official as saying that the number was much smaller, and 50 of the escaping prisoners later returned.

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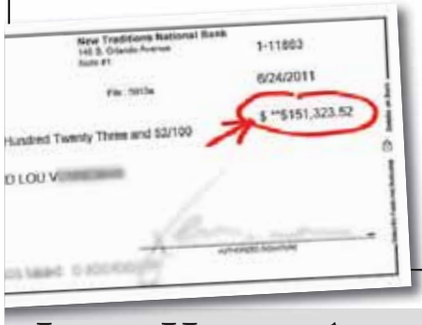

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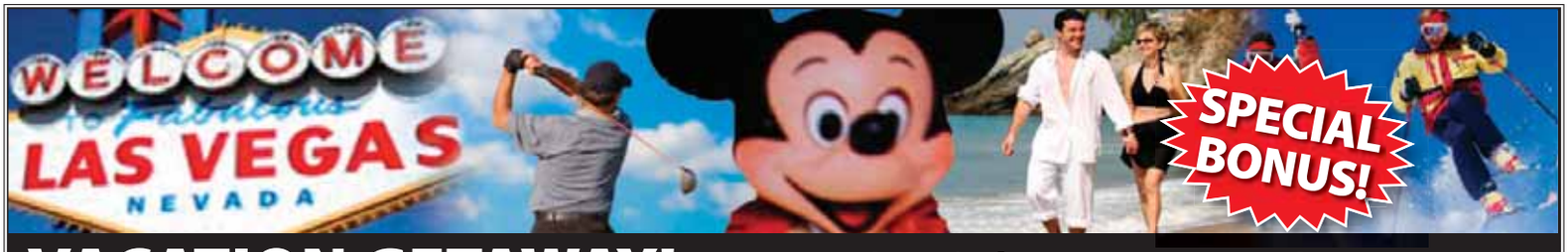

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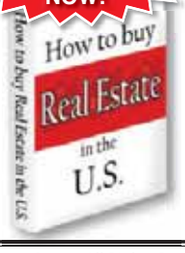

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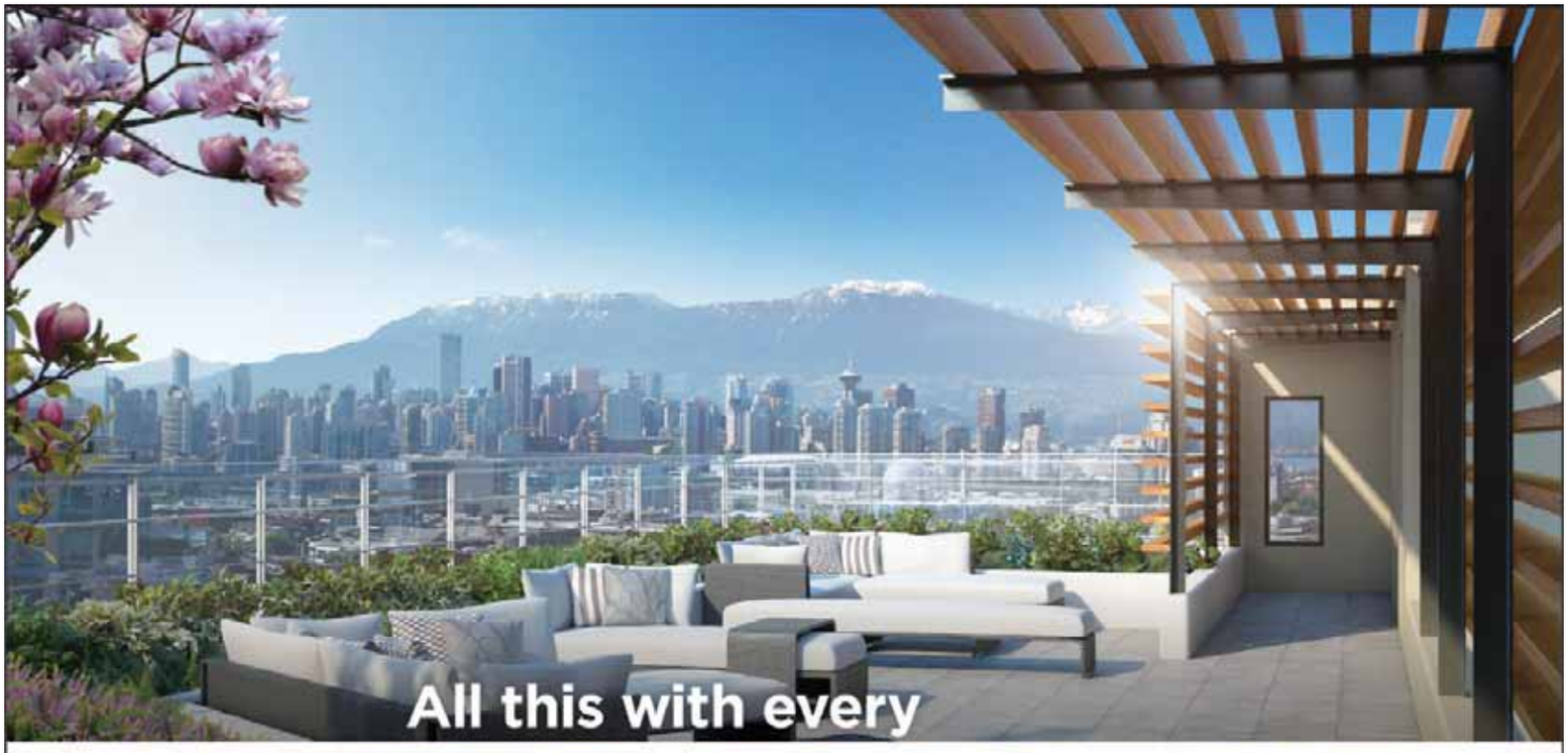

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Metro Interview.

MICHAEL NAGLE/GETTY IMAGES FILE

▶ Juan Manuel Santos, president of the Republic of Colombia.

Colombian president Juan Manuel Santos speaks to Metro on his country's efforts in the war on drugs He points to drug legalization as a means of stopping violence

COLOMBIAN PREZ: LEGALIZE POT

PER MIKAEL JENSEN
@METRO.LU
METRO WORLD NEWS IN BOGOTÁ

One of the most prominent fighters in the war on drugs is calling for the world to get tougher. President of Colombia Juan Manuel Santos wants world leaders to take a much stronger, more co-ordinated approach in dealing with trafficking narcotics and the use of hard drugs such as cocaine and heroin. In an exclusive one-on-one interview with Metro, Santos says legalizing softer drugs, such as cannabis, could be a way forward, if done globally.

"The world needs to discuss new approaches," Santos says. "We are basically still thinking within the same framework as we have done for the last 40 years."

Colombia's war on drug cartels has made huge progress over the past 20 years. The killing of notorious drug baron Pablo Escobar in 1993 and then the arrest and conviction in 2006 of the Rodríguez Orejuela brothers, founders of the Cali Cartel, did much to dismantle the powerful cartels — and spark the decline of drug-related violence that had plagued the country. Santos hopes that the world, too, can build on this success story.

Do you think legalizing softer drugs could be a way forward?
Yes, that could be an answer, provided everyone does it at the same time.

But somebody has to take the first steps?
Yes, and it won't be me.

Why?
Because, for Colombia, this is a matter of national security. Drug trafficking is what finances the violence and the irregular groups in our country. I would be crucified if I took the first step.

How is this different in other countries?
In other countries (Europe and the U.S.), this is mainly a health issue and a crime issue. We need to look at all components, one of them being targeting the assets in this business. But we need to do so on a global level.

What do you think we're doing wrong?
We must discuss a new approach, looking at all the components: The profit and the crime that follows drug-trafficking, the fight against money laundering, trade with arms and so on.

'On a great path'

Santos on why they are smiling in Latin America:

▶ "We have something that the U.S. and Europe don't have: A young population and a lot of optimism. ... The latest poll in Colombia from Thursday shows that 79 per cent of our population believes that we are on a great path."

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FRANCOIS MORI/THE ASSOCIATED PRESS

▶ Libyans celebrate at Saha Kish Square in Benghazi, Libya, yesterday.

Libyans must avoid hatred, leader urges

Some say nation's liberation marred by circumstances of Gadhafi's death
Transitional leader invokes Islam

Libya's interim rulers declared the country liberated yesterday after an eight-month civil war, launching the oil-rich nation on what is meant to be a two-year transition to democracy. But they laid out plans with an Islamist tone that could rattle their Western backers.

The joyful ceremony formally marking the end of Moammar Gadhafi's 42-year tyranny was also clouded by mounting pressure from the leaders of the NATO campaign that helped secure victory to investigate whether Gadhafi, dragged wounded but alive out of a drainage ditch last week, was then executed by his captors.

The circumstances of Gadhafi's death remain unclear. In separate accounts late yesterday, two Libyan fighters said Gadhafi was hurt after being captured, but was able to stand. One said that when he and others placed Gadhafi in an ambulance, the former Libyan leader had not yet suffered what Libya's chief pathologist said was a fatal gunshot to the head.

Critics said the gruesome spectacle of his blood-streaked body laid out as a trophy for a third day of public viewing in a commercial freezer tests the new leadership's commitment to the rule of law.

Britain's defence secretary, Philip Hammond, said the Libyan revolutionaries' image had been "a little bit stained" by Gadhafi's violent death. Both he and U.S. Secretary of State Hillary Rodham Clinton said a full investigation is necessary.

Gadhafi's capture and the fall of his hometown of Sirte, the last loyalist stronghold, set the stage for the long-awaited declaration of liberation, delivered by the head of the National Transitional Council, Mustafa Abdul-Jalil.

He did not mention the circumstances surrounding Gadhafi's death. But he urged his people to avoid hatred — mobile phone videos showed the wounded leader being taunted and beaten by a mob after his capture. But he urged his people to avoid hatred.

"You should only embrace honesty, patience, and mercy," Abdul-Jalil told a flag-waving crowd of several thousand at the declaration ceremony in the eastern city of Benghazi, the birthplace of the uprising against Gadhafi.

THE ASSOCIATED PRESS

'Now it's over'

- An autopsy completed yesterday showed that Gadhafi was killed by a shot to the head, said Libya's chief pathologist. Dr. Othman al-Zintani would not disclose further details or elaborate on Gadhafi's final moments, saying he would first deliver a full report to the attorney general.
- Most Libyans weren't concerned about the circumstances of the hated leader's death, but rather were relieved the country's ruler of 42 years was gone, clearing the way for a new beginning.
- "If he (Gadhafi) was taken to court, this would create more chaos, and would encourage his supporters," said Salah Zlitni, 31, in downtown Tripoli. "Now it's over."

'New era of promise' for Libya, Obama says

U.S. President Barack Obama hailed the declaration of freedom in Libya yesterday, saying "a new era of promise" is underway in the African nation. He also urged its new leaders to turn their attention to the political transition ahead.

Obama said the U.S. looks forward to working with officials as they prepare for free and fair elections.

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PROPOSAL

Minister challenges EU criticism of oilsands

Canada's natural resources minister is taking the European Union to task over its proposal to discriminate against crude from the Alberta oilsands.

Joe Oliver has written to union energy commissioner Gunther Oettinger to complain about a plan to differentiate oilsands products from other sources of heavy crude.

The proposal stems from complaints that the oilsands have a greater greenhouse-gas footprint than conventional production. Oliver says Canada is open about greenhouse-gas production, while other countries hide or fudge their data.

He says discriminating against Canadian heavy crude could violate the European Union's international trade obligations.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+119.16 (11,949.49)	+ 0.62¢ (99.14¢ US)
Oil	**Natural gas**
+ $1.33 US ($87.40 US)	$3.629 (+ 0.1¢)
	Gold
	$1,636.10 (+ $23.20)

Technology gap for air force planes

Canada's new multibillion-dollar stealth fighters are expected to arrive without the built-in capacity to communicate from the country's most northerly regions — a gap the air force is trying to close.

Briefings given last year expressed concern that the F-35's radio and satellite communications gear may not be as capable as that of the current CF-18s.

Military aircraft operating in the high Arctic rely almost exclusively on satellite communications. The F-35 Lightning will eventually be able to communicate with satellites, but the software will not be available in the initial production run, said a senior Lockheed Martin official. It is expected to be added during fourth-phase production in 2019, but that is not guaranteed because research is still underway. THE CANADIAN PRESS

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Should they stay or should they go?

You know who: The Occupy Vancouver protesters who have taken up what appears to be permanent residence at the Vancouver Art Gallery, right smack in the middle of the city.

It certainly sounds permanent. One guy says he's planning to stay there "until I die," which is about as permanent as it gets on this Earth.

The tent city has grown to 100 tents, and once in a while sticks out a protest paw or two, such as the other day when campers hiked to Surrey to annoy George Bush, and on Saturday occupied a handy nearby TD Bank.

City hall and police have shown restraint, as a so-far peaceful Occupy Vancouver has put most of its energy into manufacturing creative protest signs. But you have to wonder how long the uneasy equilibrium can last.

"How refreshing would it be to see the premier or the mayor turn up at the tent city, walk through the muddy pathways, and meet actual people? Talk to them, find out what they want."

Christmas and Hanukah are coming, and pretty soon it will be time to put up the tree and light the giant menorah on the same spot, so unless a bunch of tents are prepared to make way for the festive season, we're about to have a Yule duel.

Earlier this week, NPA mayoral candidate Suzanne Anton jacked up the rhetoric and said if she were mayor, Vancouver would no longer be Occupied.

Her opponent on council, Geoff Meggs, wants to see her plan for removing hundreds of protesters without incident. He has a point, but he doesn't have a plan either, at least not one he is sharing with the rest of us. He makes comparisons to the Falun Gong protest on Granville in front of the Chinese consulate, so maybe he's prepared to let them stay there for six years, festive season be damned.

All this political chest-thumping makes for great news fodder, but it's phoney. Our fearless leaders would rather talk smack than make sense.

How refreshing would it be to see the premier or the mayor turn up at the tent city, walk through the muddy pathways and meet actual people? Talk to them, find out what they want or if there's anything they can do. Engage in "dialogue," which is not an alternative spelling of "photo-op" or "sound bite."

If Premier Clark and Mayor Robertson really mean it when they say they're "different," isn't this a great opportunity to show what different looks like?

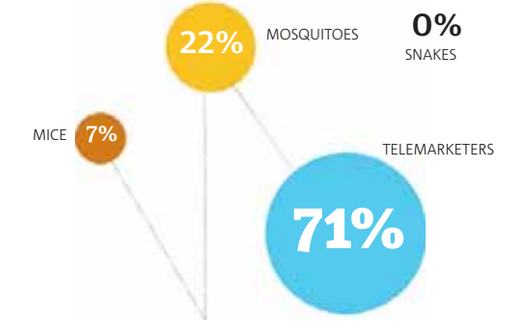
For better or worse, the Occupy movement is becoming be a key moment in the evolution of democracy.

So far, though, our leaders seem happy to give the whole mess a miss, at least until after the civic election, Nov. 19.

Talk about shortsighted.

Register at metropolitanpanel.ca and take the quick poll

Fill in the blank: It would be OK if _____ went extinct.



Local tweets

- **@tammygagne:** Ok yes Sunday mornings in Vancouver BC are gorgeous. But I still miss Costa Rica #yvr #Puravida yfrog.com/nu5qzpj
- **@VanCanucks:** Media Release: Canucks acquire David Booth, Steve Reinprecht & 3rd round draft pick in '13 from Panthers in exchange for Samuelsson/Sturm.
- **@TSNBobMcKenzie:** VAN believes a change of scenery will benefit Booth and playing alongside Kesler will help him find his 'A' game.
- **@sportsnetmurph:** Higgins, Kesler will likely play with Booth. Reinprecht to CHI Wolves. Team gets younger, faster + pick, but Booth 4.25per for 3 more.
- **@Real_ESPNLeBrun:** Booth the top-six forward the Canucks were looking for. Now we'll see if they can get him back on track
- **@steveburgess1:** I feel so bad for poor Mikael Samuelsson. It's like being traded from the Yankees to the Department of Sanitation. #Canucks

Worth Mentioning

One of Henrik Holgersson's friends laughed in his face when he told him he was going to spend the better part of 2011 as a stay-at-home dad.

"What kind of a man are you?" the friend asked Holgersson, who works for an event-management company.

Holgersson took out 240 days of parental leave paid for by the government while his girlfriend, Jenny Karlsson, went back to her job as a real estate agent, after eight months at home with their son Arvid.

"To take care of Arvid is a real fatherly thing to do. I think that's very masculine," said Holgersson, 34.

Holgersson's experience isn't unusual in Sweden, largely because the government encourages dads to stay at home with their newborn through a parental-leave policy that is among the most generous in the world.

While more than a dozen countries now offer paid paternity leave, usually for a couple of weeks, Sweden subsidizes such leave for up to 14 months.

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photo of the day

▶ This photo, titled Look Mom, I can Fly, was submitted to the Moment of my Life category by Paddi Towne Stadler from Leduc, Alta.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Identical twins give birth on same day

Two identical twins in Indiana now have another birthday in common: They delivered babies on the same day at the same hospital.

The Herald-Times reports 21-year-old Jessica and Jennifer Patterson gave birth Wednesday at Indiana University Health Bloomington Hospital.

Jennifer Patterson gave birth first to a girl, Adalynn Rose Patterson, who was born with a collapsed lung but is now doing fine.

Eight and half hours later, Jessica Patterson gave birth to a boy, Mason Douglas Patterson, by caesarean section.

Jennifer Patterson calls the same-day births "kind of cool."

Both women live in the tiny Lawrence County town of Judah.

Hospital spokeswoman Amanda Roach says no one can recall the last time identical twins delivered babies at the hospital on the same day.

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Osbourne's alright

New documentary put together by Ozzy's son Jack details rocker's journey to sobriety

Jack Osbourne says he doesn't worry anymore about the well-being of his dad, heavy metal megastar Ozzy Osbourne.

"Motorbikes can't kill him, drugs can't kill him," he mused in a recent phone interview from his parents' California house.

"He's one of these guys where he's going to be, like, 900 years old still complaining about everything and laughing. We joke that he's going to outlive me."

The British rocker's astounding ability to endure decades of hard partying, reckless stunts and heavy drug and alcohol abuse is one of the main themes of God Bless Ozzy Osbourne, which will screen at participating Cineplex Entertainment theatres in Canada on Oct. 26 at 7 p.m. ET.

"There's only a handful of people that have done what he's done and lived to tell the tale," said Osbourne, 25, who produced the documentary.

The film opens with shots of a 60-year-old, long-haired Osbourne — clad in all black and purple-tinted glasses — in his dressing room jumping rope, riding a stationary bike and doing stretches as part of his pre-concert warm-up routine.

As we soon learn, the so-called Prince of Darkness is now more than five years sober — the longest stretch he's spent in recovery.

Gone are the days when he was so high or intoxicated he'd bite the heads off

FRANK MICELOTTA/THE CANADIAN PRESS

▶ In God Bless Ozzy Osbourne, his children admit he wasn't always the greatest father.

winged creatures, trash hotel rooms or have legions of TV viewers laughing at his incomprehensible speech and hunchbacked-shuffle walk on The Osbournes.

"One of the key points that I wanted to put across for this film is that he's not this fumbling kind of stuttering, quirky guy," said Osbourne, who recently revealed he's expecting a child with his fiancée, Lisa Stelly.

"He's really quite astute and he's switched on and he's far from absent-minded."

Osbourne, who's appeared on various TV series, said a colleague encouraged him to do the project about four years ago.

When his parents gave the OK, he bought cameras, found a co-producer and hired director Mike Fleiss, who is executive producer of The Bachelor.

The filmmakers also use archive footage to detail Osbourne's life, from his poverty-stricken childhood in Birmingham, England to his drug-addled days with Black Sabbath and his time on The Osbournes TV reality series, when his alcoholism was at its peak.

Sabbath members say they used to order "cereal boxes" of cocaine to the house and Osbourne — a long-haired prankster who wore heavy, black eye liner and fake fangs onstage — would drink and do drugs until he passed out. His alcoholism became worse when his dad died and Sabbath famously fired him.

Osbourne, of course, eventually bounced back with a new band managed by his wife, Sharon. But his addiction issues plagued him, and his children — Louis and Jessica from his first marriage; and Kelly, Jack and Aimee from his marriage to Sharon — admit in the doc that he wasn't always a great father.

After about a dozen times in rehab, Osbourne — as he explains in the film — finally got the motivation to get sober for good over five years ago, when son Jack recovered from his addiction issues.

"I struggled with it because I don't want to take credit for what my dad had done," said Osbourne.

"He's the one who got sober — I just yelled at him — so I always feel awkward when people go, 'Oh, you helped.' I go, 'No, I didn't. I just had an argument and he kind of lifted himself from it.'"

As we see in the doc, one of Osbourne's biggest goals when he got sober was to get a driver's licence — something his addiction issues prevented him from doing until now.

"I actually sat outside on the porch looking at his Ferrari Italia, which is, I think, the most amusing thing to me about it," said Osbourne.

"He has not driven me yet, which is really strange, probably because whenever I turn up he's like, 'You drive.'

"Even though he's got his licence and he's really stoked about it, I don't think he likes driving."

God Bless Ozzy Osbourne premiered in the spring at the Tribeca Film Festival.

THE CANADIAN PRESS

God Bless Ozzy Osbourne

- Documentary will screen at participating Cineplex Entertainment theatres in Canada on Wednesday at 7 p.m. ET.

2 scene

Box office

Paranormal Activity 3 didn't just go bump in the night. It made a ton of noise at the box office with a huge, $54 million opening. The third film in Paramount's low-budget horror franchise was No. 1 at the box office, according to Sunday studio estimates. Part two also debuted in the top spot a year ago.
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Oprah meditates with women in Iowa, talks about her spiritual journey

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Spielberg brings Tintin home

Producer wanted to release film in character's native Belgium first

YVES LOGGHE/THE ASSOCIATED PRESS

▶ Actor Jamie Bell plays Tintin.

Tintin came home to Belgium on Saturday for the world premiere of Steven Spielberg's The Adventures of Tintin: Secret of the Unicorn.

Tintin and his creator, the late Herge, were the stars of the show. The movie is rolling out first across Europe and elsewhere before hitting the United States by the Christmas movie season.

"To highjack Tintin and bring it to America first, and then release it overseas second, would be something that would not have even occurred to us," Spielberg said. "From the outset, the plan was to give Tintin back to the countries where Tintin was the most beloved."

The director has been riding a wave of support from local critics despite opening in a tradition-bound nation ready to pounce on any desecration of its cultural icon by Americans.

Spielberg bought the rights to the character in the 1980s — and three decades of waiting for the result ended with "what they call in the movies, a happy ending," said cartoon and movie expert Hugues Dayez

For Spielberg, a happy ending will mean the movie is such a box office success that a sequel becomes unavoidable. Together with Lord of the Rings director Peter Jackson, he will be ready. "We have chosen the next story. We have a screenplay that is being written right now," Spielberg said, refusing to say which of Herge's two-dozen Tintin books he would take.

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Not looking back ... yet

Bublé says Onstage Offstage is a 'picture book' Real memoir a decade away

FRANK GUNN/THE CANADIAN PRESS

▶ Michael Bublé's new coffee-table book Onstage Offstage is due out tomorrow.

Michael Bublé has a new book out, one that's billed as an all-access portrait of the Canadian crooner, but he wants his fans to understand something.

Onstage Offstage, hitting stores tomorrow, is not the no-holds-barred memoir that fans might have expected from the refreshingly outspoken singer.

The book doesn't feature the sort of revealing behind-the-scenes anecdotes that Bublé would share over dinner with friends, nor does it probe past relationships like a bullet wound on C.S.I.

That book is coming, Bublé said, but the three-time Grammy winner felt he needed to accumulate more miles in his rear-view before he looked back.

He envisions that more in-depth book, which he's already working on with Vancouver journalist Kerry Gold, will come out a decade or more down the line, while Onstage Offstage is meant to serve a different purpose.

"The truth is, I want people to really understand, (Onstage Offstage) is very light," said the personable singer during a recent interview at a Toronto hotel. "I'm proud of it, it's great, but it's a picture book."

"When they sold the idea to me, I was completely against it — I felt it was too early in my career to have any kind of memoir. But they said it's not a memoir, it's a coffee-table book.

"... I just don't want people to get mixed up and think this was like, the memoir.

"Because really, they'll be disappointed if they think that. I hope it's nice reading, it's light reading, it's fun, it's quick, but, you know, there's a lot more pictures than there are words."

THE CANADIAN PRESS

Christmas love

- In his new book, Bublé writes at some length about the close relationship he has with his family.
- It's part of why he has such a child-like affection for Christmas, and that's what led him to record a new holiday disc.
- "My parents, they loved us a lot," he said. "And I think they got a real kick out of making Christmas special for us like most parents do. I think it's something I can't wait to have kids for, to be able to be the dorky-est Christmas dad."
- "I went in and we worked for five months on the record," Bublé says of his holiday CD, titled Christmas, which is due out today.

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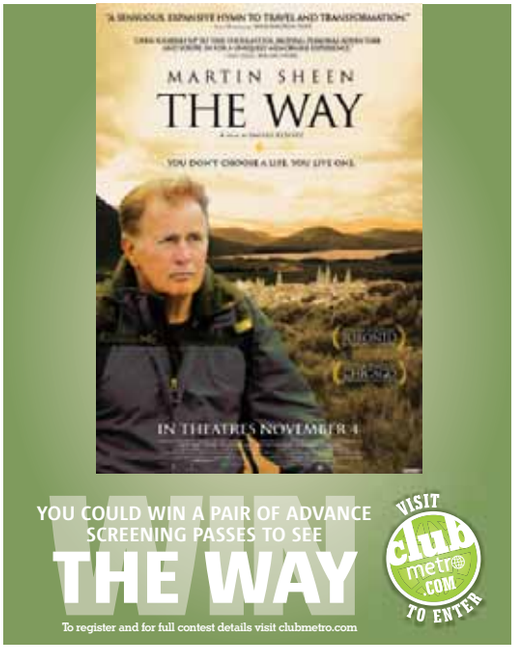
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A Johnny, Hunter 'love affair'

Johnny Depp shares details of the unique friendship he shared with the late writer Hunter S. Thompson

NED EHRBAR
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METRO WORLD NEWS IN HOLLYWOOD

Johnny Depp has been working to bring Hunter S. Thompson's the Rum Diary to the screen since shortly after the two of them discovered the manuscript for the book in Thompson's attic.

With the film finally hitting theatres, Depp shares with Metro, in his own words, some of his memories of his close friendship with the late author.

Meeting Hunter for the first time

It was around Christmas time of 1994. I was in Aspen, and this friend of mine said, 'You should come to the Woody Creek Tavern. I'll have Hunter come down if you want to meet him.' Somewhere around midnight the front door opened and all I could see initially were sparks — just sparks shooting everywhere, and then people jumping for cover. You could hear this sort of muffled, 'Out of my way, you bastards!'

The sea parted, and the sparks stopped and he arrived right in front of me, and then this southern gentleman came over and said, 'My name's Hunter, how do you do?' And that was it. From that second on, if we were apart we were on the phone constantly. It was a love affair, a major love affair that hung around until he made his exit."

HANDOUT

▶ The Rum Diary marks Depp's second on-screen appearance as an alter ego of Hunter S. Thompson.

On the road with Hunter

We were on a book tour, and he wanted me to go on the road with him as his road manager and as his head of security.

He would refer to me as Ray, his head of security. So he'd say, 'I'd like you to meet Ray, my head of security.' And they were like, 'That's Johnny Depp.' And he'd go, 'No! His name is Ray.' And he just stayed with that. We ended up in San Francisco because his back went out on him on the tour.

So I was essentially locked in a hotel room with him, in a suite with Hunter — just me and him for five straight days. And so all the stuff you read about in Fear and Loathing with the grapefruits and saving the shrimp cocktails, all that stuff? All true.

Learning of Hunter's suicide

"I was here, in Los Angeles. If you knew Hunter — if you really spent time with him and you knew how he negotiated life and dictated the way he was going to live his life — you knew he wasn't going to be the guy who just sort of slipped off the chair and went away.

You knew it was going to be self-inflicted. I wasn't particularly shocked, because you knew it would happen one day. But then you start cursing the bastard, thinking, Come on, man. One last phone call?

Maybe some hideous practical joke before you do it?

But he did actually ultimately have the best practical joke of all, because his last wish was to be blown out of a giant cannon in his back yard. Now, there are no giant cannons of that size.

He wanted 150 feet of cannon, and then I found out that the Statue of Liberty was 151 feet tall, and I thought he'd really hate me if it were any smaller than the Statue of Liberty. So we changed the plans and we built it up to 153 feet tall. We broke the records then.

The great joke is that we were all forced to focus on something else as opposed to focusing on the loss of a great, great friend. Now it was a question of how do we shoot the bastard into the stratosphere legally and get away with it?"

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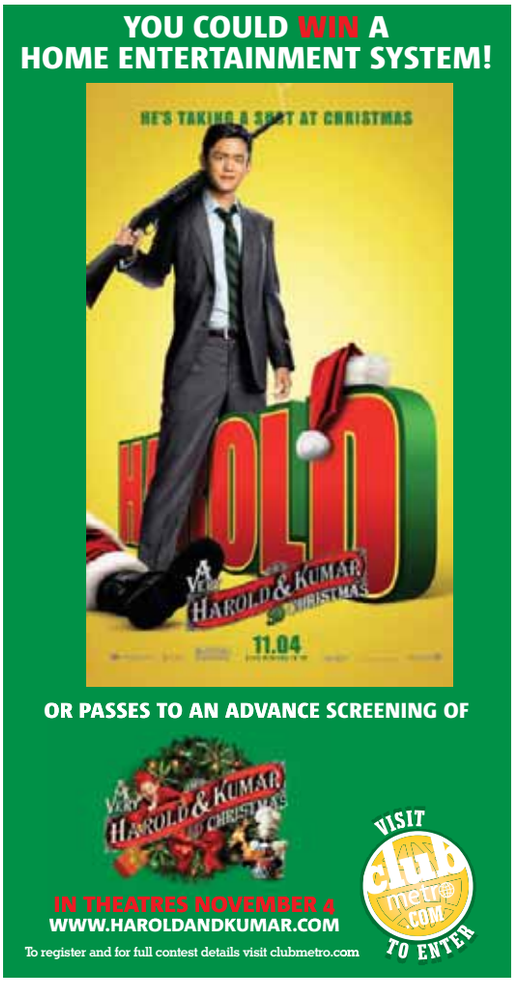
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He's no Simon Cowell

L.A. Reid says he's learning from fellow X Factor judge and creator, but he has 'very different taste than Simon' Going to bat for troubled contestant

IAN JOHNSTON
SCENE@METRONEWS.CA

Grammy-winning record executive/songwriter L.A. Reid admits to being a little out of his comfort zone when it comes to television.

"This is, for me, sort of my first at-bat — my first barbecue," says Reid of his experience as a judge alongside high-profile TV personalities like Simon Cowell and Paula Abdul on TV's The X Factor.

"I don't see a camera. I don't think about a camera. As far as I'm concerned I'm sitting in my office admiring talent."
L.A. REID ON BEING A JUDGE ON THE X FACTOR

"I'm here to learn and watch and see exactly what Simon does."

But it's not like Reid has been content to sit quietly in the critical shadows as the music competition has narrowed its competitive field to a final 17.

Reid says that while he respects show creator Cowell, he doesn't always agree with his talent assessments.

"I have very different taste than Simon. So I may have made very made different choices. But no names," he laughs.

Reid — a founder of LaFace Records who has worked with the likes of Mariah Carey, Justin Bieber, Usher and Kanye West — says he isn't even aware of the show's always-present cameras during taping.

"I don't see a camera. I don't think about a camera. As far as I'm concerned, I'm sitting in my office admiring talent."

Reid feels that televised music competitions like X-Factor and American Idol have had a positive impact on the music industry.

Much like YouTube, it's given record labels new avenues for discovering and developing talent beyond the traditional sources.

"It's an enhancement. And as a record executive, what we are always looking for are more opportunities for discovering talent."

Among The X Factor's final 17, a lot of attention has been focused on Chris Rene, a singer who admitted to a recent drug addiction.

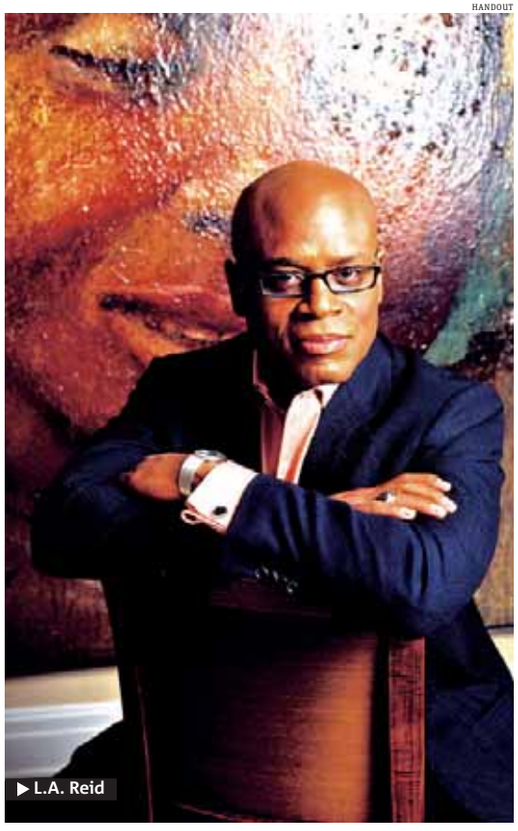
Reid, who personally chose Rene for the final 17, sees a lot of potential in the troubled contestant.

"Chris is going to emerge as an amazing star," he says. "Chris gave us his word that he will stay straight. I'm going to take him at his word. I have faith in Chris."

Who's in?

The X Factor returns tomorrow with a special two-and-a-half hour live show at 8 p.m. on CTV.

HANDOUT



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Ashton lashes out at the media

Ashton Kutcher took to streaming video site Chime.in to speak his mind, taking on the state of online media instead of addressing his recent cheating scandal.

"I just wanted to open up a little dialogue on the state of honesty," Kutcher says in the clip, theorizing that the media have less of an incentive to tell the truth since the costs of production have gone down. "People can bastardize the truth in any way, shape or form that they want and spread that around the world," he says.

"A lie can travel halfway around the world before the truth can leave someone's lips." METRO

"I just wanted to open up a little dialogue on the state of honesty."
ASHTON KUTCHER

▶ Ashton Kutcher

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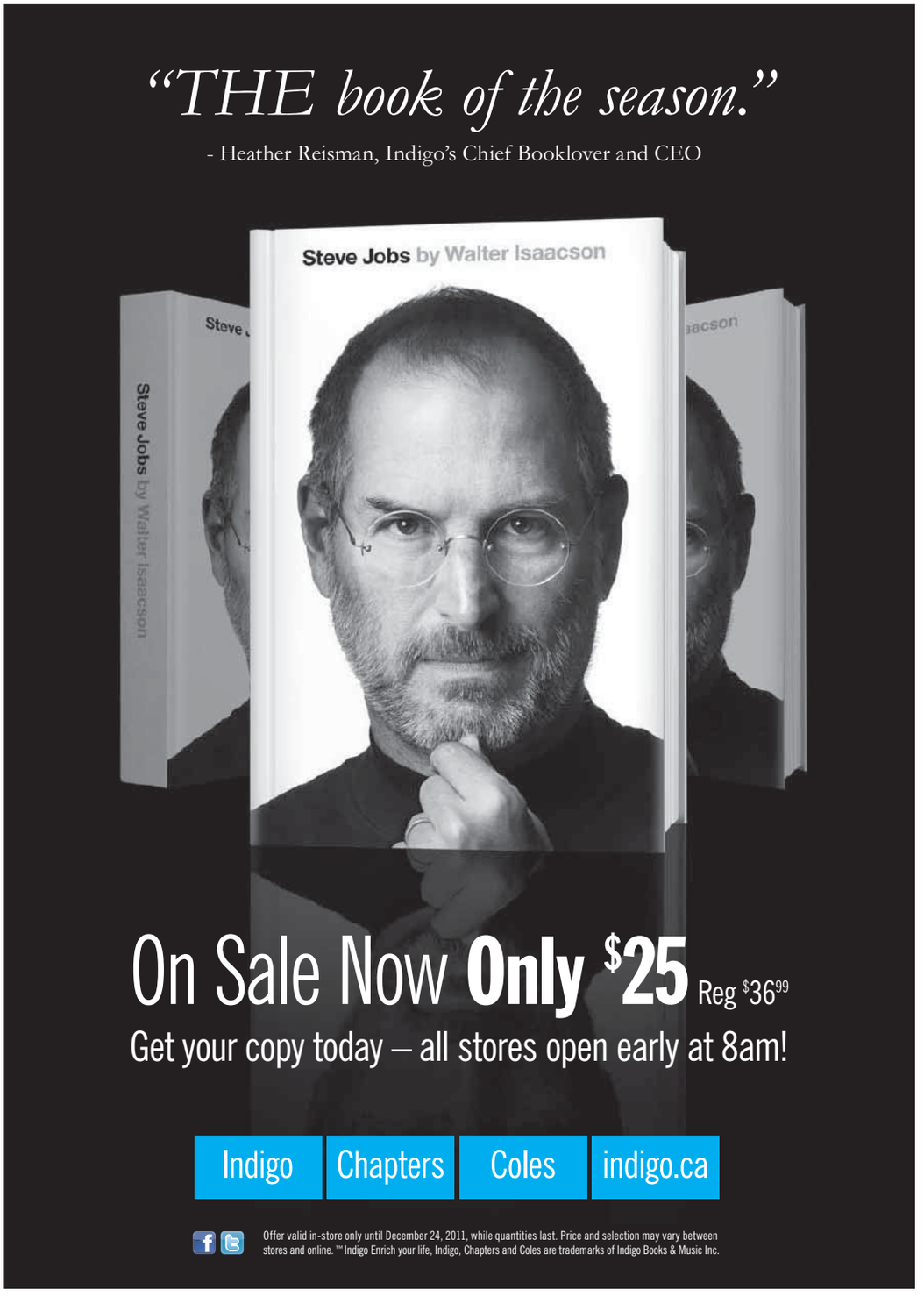
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▶ Selena Gomez and Justin Bieber get friendly while watching the Winnipeg Jets victory over the Carolina Hurricanes Saturday in Winnipeg.

PUNKD IMAGES

Biebs heats up the rink

THIS WEEKEND IN LOHAN'S WORLD

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

This hurts us more than it hurts you, but as a gossip column, we are obligated to dedicate this space to Lindsay Lohan and her adventures in community service over the weekend.

(Don't like it? Get us a pic of Bradley Cooper and Jennifer Lopez together, and maybe we can talk.)

Here's the good news: Not only did Lindsay show up at the morgue, but she was sociable and cleaned floors on her hands and knees, reports TMZ.

And although the L.A. County Coroner rejected her peace offering (and/or bribe) of cupcakes and burgers, we thought the delivery was a nice gesture.

▶ Lindsay Lohan

Now, for the bad news: Dina Lohan is reportedly shopping around a tell-all book about her daughter's struggles with addiction, and father Michael Lohan gladly took the opportunity to complain about them both in a lengthy, unhinged rant to RadarOnline in which he compared himself to an archangel.

In other words? This chick is going to be headlining every gossip column for the next 20 years, and we collectively owe her apology cupcakes.

BUT THEY WERE ON A BREAK!

The Black Eyed Peas aren't calling it quits as some rumours suggested, but Fergie does admit the group is on hiatus.

"A break is not a breakup — you gotta watch Friends," the queen Pea told TMZ cameras.

We somehow doubt Will.i.am is well-versed in the Ross and Rachel saga, so we'll spell it out for him: It's a trap, and we bet Fergie would look behind that door. **THE WORD WAS WRITTEN BY MONICA WEYMOUTH THIS WEEK.**

▶ The Black Eyed Peas

B.Co pursues J.Lo

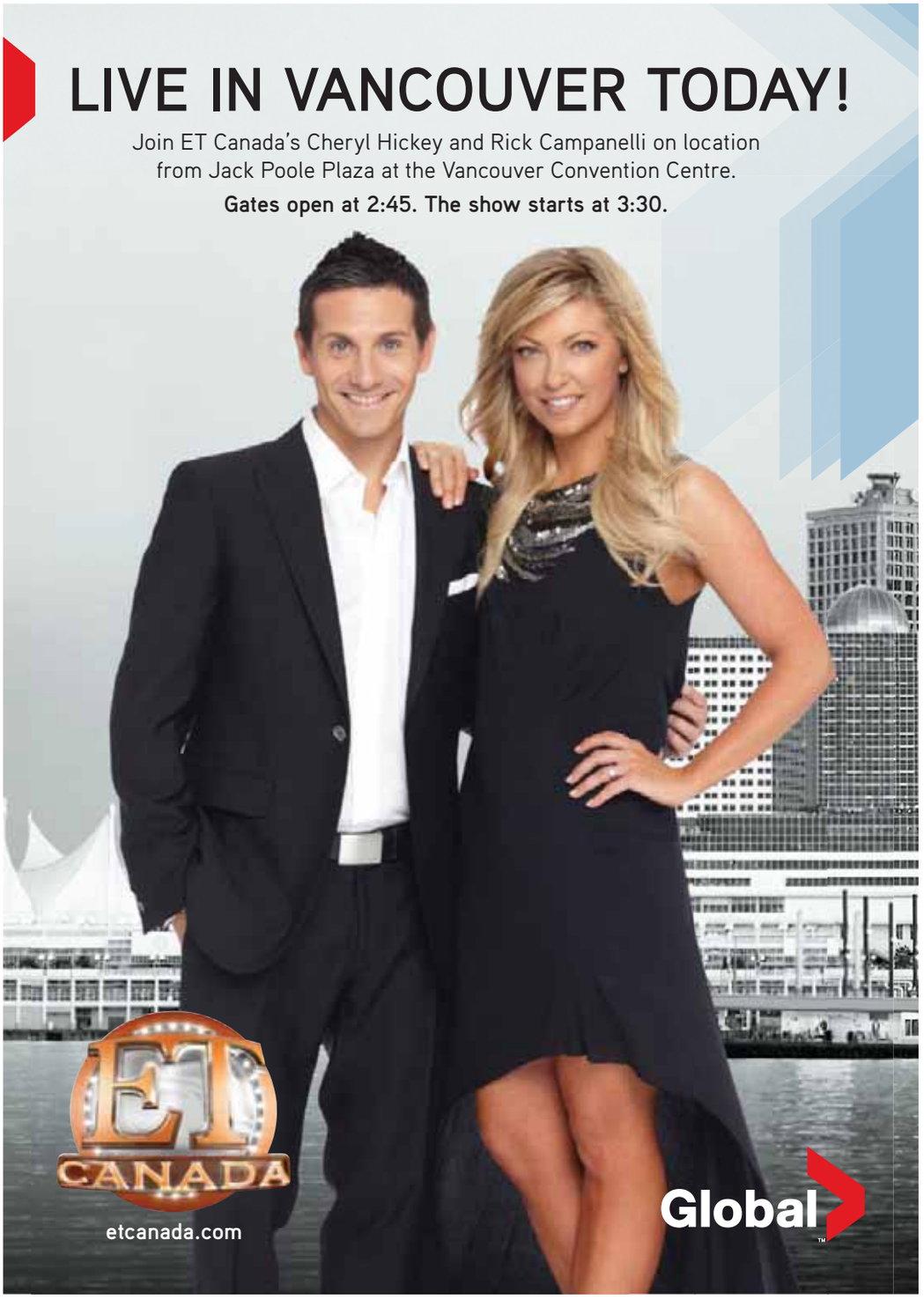
Bradley Cooper has been calling Jennifer like, a lot

Bradley Cooper has reportedly been going to great lengths to woo Jennifer Lopez now that she's split from husband Marc Anthony, according to Us Weekly.

Cooper "has been after Jennifer, calling her, for ages," a source says, adding that Lopez "has been trying to concentrate on her kids and work. But Bradley has been especially eager." It's apparently working, as Lopez has decided to "let him in," the source says. "She likes the thrill and the fact that Bradley has been pursuing her." **METRO**

ALL PHOTOS GETTY IMAGES

▶ Bradley Cooper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3 life

A new study

TORSTAR

A new study by Dr. De-Kun Li of Kaiser Permanente in California, suggests high blood pressure during early pregnancy is what raises the risk of major birth defects — not the medicines used to control the condition, as previously thought.

For years, women were warned to avoid drugs called ACE inhibitors during later stages of pregnancy to avoid the possibility of birth defects.

THE ASSOCIATED PRESS

Owners love to dress dogs up for Halloween. But how do dogs feel about it?

THINKSTOCK.COM

▶ "After a year, babies will only need help with foods like yogurt," says Dr. Rana Conway, author of Weaning Made Easy.

The great spoon-fed vs. baby-led weaning debate

Once you master milk-feeding your infant, it's time to think about solids ◐ Parents often choose between spoon-fed and 'baby-led' weaning methods ◐ Consider this: combine both

EMMA E. FORREST
LIFE@METRONEWS.CA
METRO WORLD NEWS

With your first-born, it feels like every time you think you've mastered one baby-rearing challenge, you're set with the next. Just when you've stopped fretting about how much milk your growing infant is drinking, you're faced with anxieties about when to start feeding her solids, whether the meal is nutritious enough and if she's going to actually eat it.

There are two major approaches to weaning: the traditional spoon-fed method (where the parent is in control), and the modern 'baby-led' weaning (where the baby learns to feed him or herself).

"With first babies, moms often lack the confidence to combine the two methods," says Dr. Rana Conway, author of Weaning Made Easy.

There are advantages to both. Spoon-feeding allows parents to control how much their baby eats and mix new flavours in with favourites. Knowing that dinner is going to end up in your baby's belly rather than the floor is reassuring for parents whose sanity depends on regular nap-, feed- and bed-times.

Meanwhile, baby-lead weaning is convenient for parents who don't have time to prepare separate meals and there's no danger of overfeeding (although it can be messier than spoon-feeding).

"The advantage is that families can eat together and all have the same meals, so babies get used to eating the food you do," says Conway."

Combining methods is easy, says Conway. "The balance between spoon-feeding and self-feeding ... changes over time," she says. "Most babies need spoon-feeding to start, but it's also vital to give them something to try to eat with their fingers. This means they'll be getting nutrients they need, but they can also learn about real food," Conway says. "After a few months, self-feeding takes off and by a year most babies will only need help with foods like yogurt. It's about taking a balanced approach and seeing what works."

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Shepherd's Pie goes sweet

This version replaces regular potatoes with sweet potatoes and cheese

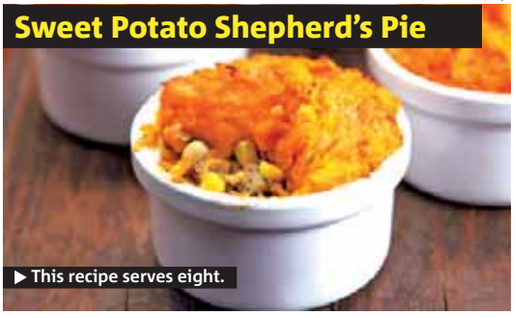
DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

This twist on classic Shepherd's Pie offers a colourful and tasty mealtime solution. Sweet potatoes and cheddar cheese are used in the topping instead of the traditional mashed potatoes.

THE CANADIAN PRESS H/O

Sweet Potato Shepherd's Pie



▶ This recipe serves eight.

Preparation:

1. In pot, cook sweet potatoes in boiling water until fork-tender, 15 mins. Drain and mash with cheddar cheese, milk, salt and pepper.
2. Filling: In frying pan, sauté beef over medium-high heat for 10 mins. or until no longer pink. Drain off fat. Add carrots, zucchini, corn, onion and garlic; cook for 5 mins. or until vegetables are softened.
3. In bowl, mix thyme, oregano, mustard and flour; stir into pan along with milk, salt and pepper. Cook for 2 mins. or until slightly thickened. Transfer to two 2 L(8-inch) square baking dishes; top each with half of the potato mix.
4. Bake in a 190 C (375 F) oven for 20 minutes or until heated through and topping is browned.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

Ingredients:

- 2 kg (4 lb) sweet potatoes, peeled and cubed
- 375 ml (1 1/2 cups) shredded old cheddar cheese
- 125 ml (1/2 cup) milk
- Salt and pepper, to taste

Filling

- 1 kg (2 lb) ground beef
- 500 ml (2 cups) each shredded carrots, zucchini
- 375 ml (1 1/2 cups) corn kernels
- 175 ml (3/4 cup) minced onion (about 1 onion)
- 2 cloves garlic, minced
- 15 ml (1 tbsp) each dried thyme, oregano and dry mustard
- 15 ml (1 tbsp) all-purpose flour
- 250 ml (1 cup) milk
- Pinch salt and pepper

THE CANADIAN PRESS / FOODLAND ONTARIO

Rose Reisman's Swap It

A Whopper Jr. may sound innocent due to the word "junior" but paired with deep-fried mozzarella sticks it's anything but — especially for your child.

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THE GOOD, BAD AND UGLY OF SILICONE

Is silicone bakeware eco-friendly and safe? Rebecca, Calgary

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

It's hard to say if there's a dark side to these brightly coloured cookie sheets and spatulas.

You won't dig up a lot of safety information about silicone … yet.

According to Health Canada, "Silicone rubber does not react with food or beverages, or produce any hazardous fumes."

But Health Canada also stands by the rationale that the fact that lab rats exposed to perfluorooctanoic acid (PFOA) were likely to get cancer doesn't mean non-stick products necessarily cause cancer in humans.

Silicone is a synthetic rubber that contains bonded silicon and oxygen. It's a natural element that is abundant in sand and rock.

Silicone bakeware is known for its heat-resistant and rubber-like qualities, and is safe for the oven and freezer.

Silicone is touted as being stable or inert, which means it won't change the flavour or release odours that might affect food quality.

Not only is it believed to have low toxicity and thermal stability,

Silicone is also quite easy to clean and is non-stick.

One safety tip I repeatedly came across is to use food-grade silicone products at recommended temperatures — about 220 degrees C or 428 degrees F.

When it comes to eco-friendliness, silicone bakeware allows you to replace disposables like paper muffin tins and parchment paper.

I haven't heard of recycling depots that accept silicone products, but keep your eyes open because it doesn't biodegrade.

For now, silicone is a safer alternative to non-stick cookware treated with PFOA.

I'm also a huge fan of cast iron and glass cookware and bakeware.

David Suzuki Foundation

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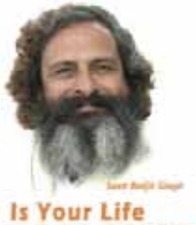
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Using his head in the salon biz

As the proud owner of 106 salons, Ken Fisher continues to dream big

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

There's a lot of buzz on the street about Chatters Hair and Beauty Salons.

"We now have 106 stores from Newfoundland to B.C.," founder Ken Fisher tells me proudly.

Growing up on a farm in Saskatchewan, Fisher was influenced by his hard-working father and inspired by his hair stylist sisters.

The early days were hard but rewarding.

"We worked 12 to 18 hour days and I travelled up to 9,000 kilometres a month visiting stores and stocking shelves at night."

Fisher says the key to any business is surrounding yourself with the right people.

His turning point came when he partnered with Jason Volk and the two pushed Chatters to the next level.

"I don't think you'll ever find one individual that takes a company over the top. You need to create a great team."

SUBMITTED

▶ Ken Fisher hopes to see even more Chatters Hair and Beauty Salons open in the coming years.

Stylish success

Fisher's keys to entrepreneurial success:

- Have a strong work ethic and passion.
- Everything grows and changes. If you sit still you'll get rolled over.
- Surround yourself with the right people.
- Anticipate what is coming around the corner then figure out what to do next.

As he looks at the company he created, Fisher is proud yet humbled by his success.

"Wow, 106 stores. Then I think there's potential for another 106 stores."

How's he going to accomplish his goals?

"You put your head down and go to work."

Smart advice for us all.

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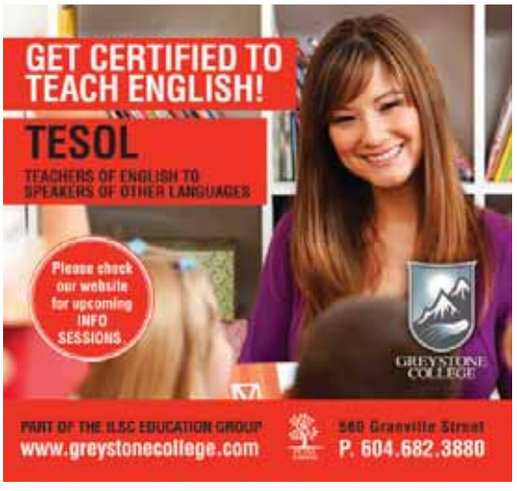
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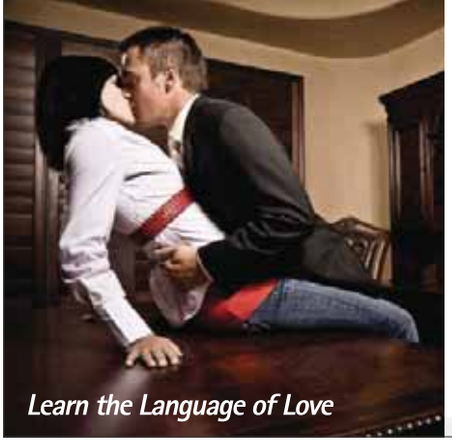

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Awesome job, but...

Major stress often comes with the top-career territory

While they make for great cocktail conversation, some of the most prestigious careers aren't quite as enviable as they seem, according to a new report from job search portal CareerCast.com.

"There's a lot of perceptions out there about what a good job is, and a lot of the times the perception is wrong," says Career Cast publisher Tony Lee.

"Yes, these do pay a lot, but there are a lot of drawbacks to these jobs."

We asked Lee for some background on those that topped Career Cast's list.

METRO WORLD NEWS

▶ Do you think Dr. Frasier Crane sleeps well at night?

▶ Don Draper of Mad Men.

SURGEON, PHYSICIAN, PSYCHIATRIST

Average incomes: $365,258; $192,065; $160,242

▶ "What these all have in common is that they're responsible for people's lives. People are reliant on them, and that has always been stressful," says Lee.

SENIOR CORPORATE EXECUTIVE

Average income: $160,141

▶ "Senior corporate executives are under extreme pressure right now. You have falling profits, you have shareholder pressure," says Lee.

COMMERCIAL AIRLINE PILOT, FLIGHT ATTENDANT

Average incomes: $106,153; $40,184

▶ New series Pan Am depicts sky service as glamorous but these days...

▶ As fuel prices rise and airlines cut back on staff, passengers aren't the only ones who are less comfortable. "The reality is the hours are at their highest that they've ever been, you have less control over your days and pay has not risen," says Lee. Something to keep in mind when you're watching Pan Am — or getting ready to grumble about the skimpy bag of pretzels on your next flight.

It ain't so bad

Is your job underrated?

▶ Last month, Career Cast looked at the most underrated jobs.

▶ "The compensation is good, the hiring outlook is great, you're not responsible for many people and they pay well," says Lee of the jobs that made this more optimistic list.

- **Paralegal/legal assistant**
- **Accountant**
- **Loan officer**
- **Software engineer**
- **Computer systems analyst**
- **Insurance agent**
- **Dietician**
- **Dental hygienist**

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4 sports

Rangers even up Series

After being humbled in 16-7 Game 3 loss, Texas blanks St. Louis to tie Fall Classic at 2-2

RANGERS	CARDINALS
4	0

TOM PENNINGTON/GETTY IMAGES

▶ The Rangers celebrate Mike Napoli's three-run home run in the sixth inning last night in Arlington, Texas.

Derek Holland kept Albert Pujols in the ballpark and the Texas Rangers in this World Series.

In a title matchup that's getting more interesting with every game, Holland put the emphasis back on pitching. Given a pep talk by manager Ron Washington minutes before the game, Holland allowed two hits over 8 ⅓ innings to beat the St. Louis Cardinals 4-0 last night and even things at 2-2.

Holland struck out seven, walked two and never was in trouble against a team that erupted for 16 runs Saturday night. He came within two outs of the first complete-game shutout in the World Series since Josh Beckett's for Florida to clinch the 2003 title at Yankee Stadium.

"I was very focused. I knew this was a big game for us," Holland said. "I had to step up and make sure I was prepared."

Hobbled Josh Hamilton put Texas ahead with an RBI double in the first inning. Then Mike Napoli broke it open with a three-run homer in the sixth that set off a hearty high-five in the front row between team president Nolan Ryan and former U.S. President George W. Bush.

And just like that, for the first time since 2003, the World Series stood at two games apiece. Now the whole season is down to a best of three, with the outcome to be decided back at Busch Stadium.

Game 5 is tonight at Rangers Ballpark. It's a rematch of the opener, when Cardinals ace Chris Carpenter topped C.J. Wilson.

A day after Pujols produced arguably the greatest hitting show in post-season history, tying Series records with three home runs, six RBIs and five hits during the Cardinals' romp, Holland was the unlikely star.

Holland got a big cheer when he took the mound in the ninth and was still throwing 96 miles per hour. With the crowd chanting his name, he walked Rafael Furcal before being pulled from the game. He tipped his cap and waved to the fans as he walked off.

"I was begging to stay out there," he said. "I said, 'I'll give it everything I've got. I can get the double play.'

"When I came off the field my arm hair was sticking up — not like I have much."

Neftali Feliz took over and closed. He walked Allen Craig, then retired Pujols on a fly ball and struck out Matt Holliday to end it.

THE ASSOCIATED PRESS

15

Derek Holland's outing was the longest scoreless appearance by an AL starter in the World Series in 15 years. Andy Pettitte also went 8 1/3 at Atlanta in 1996.

"Well, I would just say he worked us over. Give him credit. Good pitching is always going to stop good hitting."

CARDINALS MANAGER TONY LA RUSSA ON RANGERS' GAME 4 STARTER DEREK HOLLAND

Quoted

"You can't lose confidence in yourself, or you've lost already."

DENVER QB TIM TEBOW. IN HIS FIRST START THIS YEAR, TEBOW RALLIED THE BRONCOS WITH TWO TOUCHDOWN PASSES IN THE FINAL 2:44 OF THE FOURTH QUARTER TO FORCE OVERTIME, AND MATT PRATER'S 52-YARD FIELD GOAL GAVE THEM AN 18-15 WIN YESTERDAY OVER THE STUNNED MIAMI DOLPHINS.

Saints show Colts no mercy

JAMIE SQUIRE/GETTY IMAGES

▶ Saints QB Drew Brees prepares to pass yesterday.

Drew Brees completed 31 of 35 passes for 325 yards and five touchdowns, and the New Orleans Saints set a franchise record for points and victory margin in a 62-7 demolition of the hapless Indianapolis Colts last night.

For the first time as a head coach, Sean Payton spent the game up in the coaches' booth, where he could sit comfortably with his broken left leg propped up. He called the plays from there and he had to like what he saw from his new vantage point.

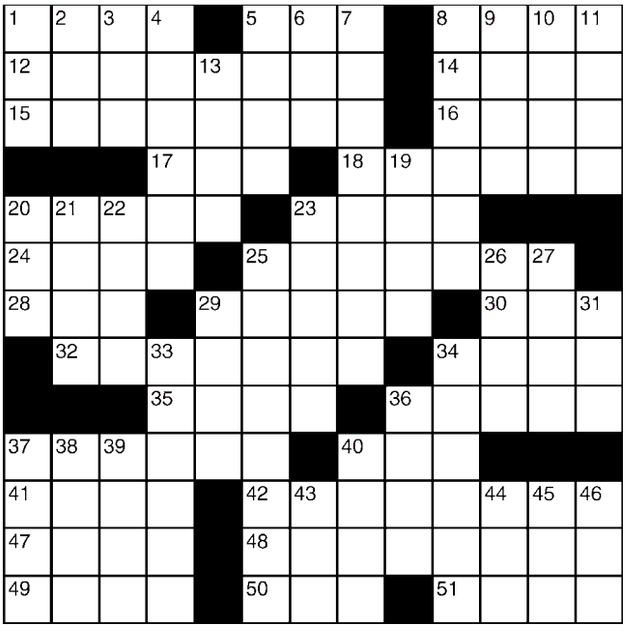
Brees had two touchdown passes to Marques Colston and one to Darren Sproles in the first quarter. His fourth and fifth touchdown tosses went to second-year tight end Jimmy Graham in the third quarter. THE ASSOCIATED PRESS

Around the NFL

Other results from yesterday:

- **Aaron Rodgers** kept Green Bay unbeaten with three touchdowns and 335 yards passing, holding off the plucky Christian Ponder in the rookie's first start to defeat the Minnesota Vikings 33-27.
- **Ben Roethlisberger** threw 95 yards to Mike Wallace for the longest pass play in Steelers history and Pittsburgh went on to hand the Arizona Cardinals their fifth consecutive loss 32-20.
- **The Kansas City Chiefs** took advantage of rusty quarterback play from Kyle Boller and Carson Palmer to beat the Oakland Raiders 28-0.
- **DeMarco Murray** ran for a team-record 253 yards, including a 91-yard TD, to lead the Dallas Cowboys to a 34-7 win over the ailing St. Louis Rams.

Crossword



Across

1 Feedbag fill
5 Chicken — king
8 Gumbo ingredient
12 Howls
14 Billy Joel's "— Always a Woman"
15 Severely strict
16 Decline, as the visible moon
17 Spot on a domino
18 Lake Victoria nation
20 Florida city
23 Succumb to gravity
24 Kill
25 Without flexibility
28 Peace (Lat.)
29 Star, for short
30 Conger, for one
32 Restored to proper condition
34 Ashen
35 Crew supply
36 Theater path
37 Tawdry (Sl.)
40 Donkey
41 Warmth
42 Tubular pasta
47 Otherwise
48 Easy garment to put on
49 Run off
50 A billion years
51 Tardy

Down

1 "— Town"
2 Clay, today
3 Yank
4 Not neat
5 On
6 Romanian money
7 Soothed
8 Lee Harvey —
9 "Star Trek II: The Wrath of —"
10 Tear asunder
11 On the briny
13 Met melody
19 Smooth-talking
20 Recipe meas.
21 Banned apple ripener
22 Long skirt
23 Folder fodder
25 Bent backward
26 Meadows
27 Holler
29 Fellow
31 Shelter
33 Small beard
34 Handgun
36 Now, on a memo
37 Restaurant employee
38 Satan's domain
39 Facility
40 Once more, in dialect
43 UN workers' grp.
44 Eggs
45 Seine
46 Anger

▶ Friday's answer

I	T	S	■	A	R	I	A	■	D	O	L	L
D	E	C	■	M	O	L	L	■	E	R	I	E
S	C	R	A	P	P	L	E	■	N	A	M	E
■	■	A	B	L	Y	■	■	R	U	L	E	R
H	O	M	E	Y	■	F	R	E	D	■	■	■
A	B	B	E	■	P	R	O	T	E	S	T	S
T	E	L	■	N	A	I	A	D	■	C	H	I
E	Y	E	L	I	N	E	R	■	B	R	A	D
■	■	■	A	G	E	S	■	E	L	A	T	E
A	W	A	S	H	■	■	G	L	O	B	■	■
P	O	S	T	■	S	C	R	I	B	B	L	E
E	V	I	L	■	H	O	O	T	■	L	E	E
D	E	F	Y	■	Y	O	K	E	■	E	A	R

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

		6				1		
	4		1		3		9	
7	1						6	2
		2	7		4	6		
1								3
		9	3		8	5		
4	3						1	9
	6		8		2		5	
		7				8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

1	9	5	8	6	4	3	2	7
2	7	8	3	1	9	6	4	5
3	4	6	7	2	5	8	1	9
5	2	4	9	7	8	1	3	6
8	6	7	5	3	1	2	9	4
9	3	1	6	4	2	7	5	8
4	5	3	2	8	6	9	7	1
7	8	9	1	5	3	4	6	2
6	1	2	4	9	7	5	8	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Sunshine, You came into my life and my heart found its home. Thank you for the gift of your amazing love. I pinky swear I will never let you go too far. Happy birthday honey! Can't wait to see what's ahead for our little family <3 I love you lots, tons and forever ever.
SNOWFLAKE

My Life, Did I say "I love you"? Be happy, live life. I miss you so much. Stay strong hon, nothing to worry. Everything will be OK. Love you always n forever
YOU ARE BEAUTIFUL

My heart, you tell me im cheesy when i say i sing love songs to you. i want you to know its because they make sense to me now. love, its wonderful and i owe it all to you. cheesy, no. i say true. happy birthday Ashley Lorraine Antoine. love you always.
GAREN

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Tuesday
10°/4°
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Today's horoscope

Aries March 21-April 20 Speak your mind and stir things up a little, both at home and at work.

Taurus April 21-May 21 The more praise you get today the more careful you must be that your ego does not over inflate.

Gemini May 22-June 21 What happens today will shake you up and get you moving again, and that's no bad thing.

Cancer June 22-July 22 Steer clear of other people's private lives today.

Leo July 23-Aug.23 By all means question what others tell you.

Virgo Aug. 24- Sept. 22 You seem to be moving in a completely different direction to everyone else, but that's okay – in fact it's good.

Libra Sept. 23-Oct. 23 You will be in the spotlight often enough over the next few days, so enjoy your anonymity while you can.

Scorpio Oct. 24-Nov. 22 Your ability to stay calm under pressure will win new admirers today.

Sagittarius Nov. 23-Dec. 21 You will find yourself on the defensive today, and it's a situation you have brought on yourself by making claims that cannot be backed up by facts.

Capricorn Dec. 22-Jan. 20 Cause and effect always go together, so if what is going on in your life is not to your liking maybe you should ask what caused it to happen.

Aquarius Jan. 21-Feb. 18 Instead of fighting the future why not aim to make it your friend?

Pisces Feb. 19-March 20. You will find it easier to trust people again and the effects will be dramatic. You really have no reason to be suspicious or fearful – but you have every reason to smile.

SALLY BROMPTON

Caption contest

CHRIS YOUNG/ THE CANADIAN PRESS

MICHAEL SOHN/THE ASSOCIATED PRESS

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